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## THE CLAIMS

What is claimed is:

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1. A frozen dessert capable of being heated in a microwave, comprising: a frozen confectionery core;

a semi-fluid coating at least partially or completely surrounding the core to inhibit or prevent microwaves from heating the core;

a biscuit supporting the core and coating, the coating and the biscuit being arranged such that the core is completely surrounded thereby; and

a sauce poured over the core, coating, and biscuit that absorbs microwaves.

2. The dessert of claim 1, wherein the sauce is liquefied so that the dessert is ready to be consumed.

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3. The dessert of claim 1, wherein the core is placed at the geometric center of the dessert, the sauce is placed upon a tray in a microwave oven, and the biscuit has a thickness of 5 to 10 mm to keep the core above and away from the tray.

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4. The dessert of claim 1, wherein the core comprises 30% to 42% by weight dry matter, the coating comprises 42% to 50% by weight dry matter, and the sauce comprises 35% to 70% by weight dry matter.

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5. The dessert of claim 1, wherein the core comprises one or more of an ice cream, a milk ice, a water ice, a sherbet, or a frozen fermented dairy product.

one or more of an egg-based cream, a Bavarian cream, flan, or a beaten egg white.

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7. The dessert of claim 1, wherein the biscuit also provides insulation from microwaves and has a dry matter content of 70% to 90% by weight.

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The dessert of claim 1, wherein the coating is aerated and comprises

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- 8. The dessert of claim 1, wherein the biscuit comprises a wafer, puff dough, or reconstituted biscuit material.
- 9. The dessert of claim 1, wherein the sauce comprises one or more of a fruit purée, broth, syrup, or a milk and egg-based pastry cream.
  - 10. The dessert of claim 1, wherein the coating comprises at least 50% protein and carbohydrate materials.
  - 11. The dessert of claim 1, wherein the coating is overrun by 100% to 300% by volume.
  - 12. The dessert of claim 1, wherein the sauce includes a higher water content than the coating on the biscuit, so as to absorb more microwaves during warming.
  - 13. A process for the manufacture of a frozen dessert, comprising: filling an open mold with a semi-fluid composition and with a frozen confection, such that the semi-fluid composition at least partially surrounds the frozen confection;
  - placing a biscuit into the mold, wherein the biscuit has a sufficient size and composition to absorb microwaves;

pouring a liquid sauce into the mold; and freezing the mold.

- 14. The process of claim 13, wherein the core is placed within the semi-fluid composition, thereby displacing a part of the semi-fluid composition.
  - 15. The process of claim 13, wherein the core is disposed at the geometric center of the mold and the semi-fluid composition completely surrounds the core.

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16. The process of claim 13, which further comprises: removing the dessert from the mold; packaging the dessert in a plurality of packets or blister packs; and packing the packets or blister packs in boxes.

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17. The process of claim 13, which further comprises: closing the mold with a lid; and packaging the mold in an external package.

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18. The process of claim 13, wherein the mold comprises a hemispherical cup, having an embossed side wall and festoons arranged radially from its summit to provide the mold with a decorative appearance and to stiffen the mold, the cup further having a depression or concavity to facilitate removing the dessert from the mold, and the mold also having a track to maintain the sauce separated from the coating composition until the mold has been frozen.

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- 19. The process of claim 18, wherein the side wall of the mold includes gadroons with a crest line, the gadroons being reinforced or grooved on the crest line, and wherein the mold further comprises a flat edge serving as a base for a closing lid, the flat edge being split so as to constitute an opening initiator.
- 20. A method for heating a frozen confectionery product including a sauce, a coating, and a biscuit, while inhibiting melting of a frozen core therein, which comprises:

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disposing the product on a tray in a microwave so that the biscuit and the coating completely surround the core and so that the core is above and away from the tray; and

heating the product with microwaves while inhibiting or avoiding melting of the frozen core.

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